Saturday, May 25, 2002

Stanford Taekwondo Spring Open

Stanford University – Maples Pavilion

Hosted by the Stanford Taekwondo Program

Sponsored by:
Vision USA
Associated Students of Stanford University (ASSU)
Graduate Student Council (GSC)

For more information contact:

Mr. Tim Ghormley, Tournament Director or Vincent Lo, Assistant Tournament Director at:

Stanford Taekwondo Program
P.O. Box 20441
Stanford, CA 94309
http://tkd.stanford.edu/spropen2002
E-mail stanfordtkd@yahoo.com
(650) 482-9727
Athletes, Instructors, Coaches and Parents,

The Stanford Taekwondo Program would like to cordially invite you to attend our Spring Open tournament on May 25th, 2002 at Maples Pavilion on the beautiful Stanford University campus in Palo Alto, California.

As the Head Coach and Master Instructor of Stanford Taekwondo, it has been my honor to work with the Stanford University Taekwondo Foundation and the members of the Stanford Taekwondo Club in the design of a new and exciting taekwondo program that we hope will reflect the high standards and tradition of excellence that are associated with the University. As part of this program, we will be hosting the Stanford Taekwondo Spring Open annually, on the first weekend of June.

It is my belief that tournament competition, although not mandatory for taekwondo students, provides an opportunity for learning and experience as well as an outlet for competitive energy, technical development and social interaction between athletes. It is the philosophy of our program that the organizational theory behind the running of a successful event should play an important role in the students’ overall development through taekwondo.

Most importantly, our guiding principle will always be that “The tournament exists for the benefit of the competitor.”

With that in mind, we have planned a tournament that will include quality refereeing (the most important officials at the event), match numbering, matted rings, the latest electronic scoreboards/system and trained tournament committee members who will reflect our commitment to a safe, efficient and friendly event.

Please join us for the 2002 Stanford Taekwondo Spring Open!

Tim Ghormley
Stanford Taekwondo Program
Tournament Information

Schedule:

8:00 am   Check In / Competitors Match Card Pick-Up
8:30 am   Referee Meeting (Main Floor)
9:00 am   Opening Ceremony (Mandatory All Competitors)
9:15 am   Poomsae Competition Begins
6:00 pm (Est. time) Distribution of Team Awards-Closing Ceremony

Eligibility:

All competitors must be members of the U.S. Taekwondo Union (USTU). Proof of USTU membership in the form of a copy of your current USTU card must be enclosed with the registration and presented at athlete check-in.

Rules:

✓ Competitors must have checked in by Saturday, May 25th at 8:45 am.
✓ Weight divisions will be determined according to registration, and every effort will be made to fairly match competitors according to age, weight and rank.
✓ Standard USTU (modified WTF) sparring rules will apply.
✓ Single elimination
✓ The match numbering system will apply. Competitors must arrive at the ring with their coach three matches prior to their match number. Match numbers will be posted at the rings and in the warm-up area. Competitors who are not present at the time of their match may be disqualified.

Mandatory Equipment:

✓ Standard white, V-neck taekwondo uniform (black trim for black belts only) in good condition.
✓ White USTU or WTF chest protector with red and blue scoring zones.
✓ Foam shin protector and instep pad (white only), and forearm protector (white only).
✓ Groin protection (required for males), worn under uniform.
✓ Foam USTU or WTF head protector (white only).
✓ Mouth guards.

Belt Divisions:

<table>
<thead>
<tr>
<th>Competition Category</th>
<th># Rounds</th>
<th>Time Limit</th>
<th>Rest Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellow/Green Belt Adults</td>
<td>2</td>
<td>2 minutes</td>
<td>1 minute</td>
</tr>
<tr>
<td>Blue/Red Belt Adults</td>
<td>2</td>
<td>2 minutes</td>
<td>1 minute</td>
</tr>
<tr>
<td>Black Belt Adults</td>
<td>3</td>
<td>2 minutes</td>
<td>1 minute</td>
</tr>
<tr>
<td>All Juniors</td>
<td>2</td>
<td>1.5 minutes</td>
<td>30 seconds</td>
</tr>
</tbody>
</table>
Coaches

The Stanford Taekwondo Spring Open will be issuing one Coaching Pass to every competitor at the time of check-in. Each competitor will be allowed one coach. Coaches will have access to the competition floor only while accompanying a competitor three matches prior to the competitor’s match and must present the pass at that time. Coaches/Athletes must leave the competition floor immediately after their match. Disruptive and/or disrespectful behavior on the part of the coach may result in disqualification of the competitor.

Spectator Information:

All spectators and coaches (unless designated VIP or referee) must purchase an admission ticket. Spectators may not enter the arena floor at any time. Tickets will be available at the door the day of the tournament. Prices are as follows: $5 general admission, $3 with Stanford University ID, children 5 and under are free. Enclosed are promotional fliers for you to post, copy, and distribute at your discretion.

Directions/Parking:

From Highway 101 North & South:
Take the Embarcadero Road exit west toward Stanford. At El Camino Real, Embarcadero turns Galvez Street as it enters the university. Turn left onto Campus Drive East. Maples Pavilion will be on your left after 1/4 mile. Parking is available on both sides of Campus Drive.

From Highway 280 North & South:
Exit Sand Hill Road east toward Stanford. Continue east, turning right at the traffic light on Santa Cruz Avenue. Make an immediate left onto Junipero Serra Boulevard. Turn left at the second stoplight, Campus Drive East. Continue around Campus Drive East. Maples Pavilion will be on your right shortly after you pass the intersection with Serra Street. Parking is available on both sides of Campus Drive.

Parking is free after 4 PM Friday and all day Saturday in lots marked A, C, or P. Please refer to the enclosed campus map for additional detail.

**NOTE: Check website for further details/changes**

http://tkd.stanford.edu/spropen2002
Accommodations

Lodging:

There are numerous places to stay in and around the Stanford area. Many places can be quite expensive; however, a few places are reasonable. On the next page is a short list of the hotels and motels in the local area. Included in the list are price ratings and the location’s proximity to Stanford. Also listed below are a number of websites that list many of the local lodging options.

Please make arrangements as soon as possible because the number of reasonably priced rooms that are available in this area is limited. Lodging information can be found at the following websites:

- http://hotelguide.net/silicon_valley/
- http://www.funtastikcalifornia.com/Palo/Alto/PaloAltoHotel.html
- http://hotelguide.net/silicon_valley/hl1ba.htm

Transportation:

The Stanford Taekwondo Program will not be providing transportation from your hotel to the tournament site on campus. Please make sure that you arrange transportation to and from your hotel to Stanford campus. Public transportation information can be found at:

- http://www.vta.org

Food:

A concession stand located at Maples Pavilion will be selling beverages, snacks, and lunch items for the duration of the tournament. Other dining options on Stanford University campus are the Coffeehouse and the Treehouse, both located at Tressider Student Union (see enclosed map).

There are several restaurants in Palo Alto and the surrounding towns that can provide you with any type of food that you may be looking for. No matter where you are staying, you can find numerous restaurants of all price ranges. Many hotels will be providing a complimentary breakfast. Info and reviews of local restaurants can be found at:

- http://www.dine.com
### Hotel Accommodations in and Around Stanford University

<table>
<thead>
<tr>
<th>Hotel</th>
<th>Miles</th>
<th>Address</th>
<th>Telephone</th>
<th>Price Range</th>
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<tbody>
<tr>
<td><strong>Menlo Park</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Best Western Riviera</td>
<td>1.4</td>
<td>15 El Camino Real, 94025</td>
<td>650 321-8772</td>
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<td>Mermaid Inn Motel</td>
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<td>The Red Cottage</td>
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<td>650-326-9010</td>
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<tr>
<td><strong>Palo Alto/Mtn.View</strong></td>
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<td></td>
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<tr>
<td>Ambassador Business Inns</td>
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<td>860 E. El Camino Real, 94305</td>
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<tr>
<td>Best West. Tropicana Lodge</td>
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<td>El Rancho Palo Alto Motel</td>
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<td>Glass Slipper</td>
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<td>Goodnite Inn</td>
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<td>485 Veterans Blvd, 94063</td>
<td>650-365-3706</td>
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<td>Hotel California</td>
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<td>650-322-7666</td>
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<td>Howard Johnson Express</td>
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<td>Mayflower Garden Hotel</td>
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<td>Motel 6</td>
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<td>National 9 Motel</td>
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<td>Palo Alto Oaks Motel</td>
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<td>Palo Alto Travelodge, 32</td>
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<td>650-493-6340</td>
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<td>Quality Inn</td>
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<td>650-493-3141</td>
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<td>Ramada Limited</td>
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<td>55 Fairchild Drive, 94306</td>
<td>650-967-6856</td>
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<tr>
<td>Residence Inn by Marriott</td>
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<td>$$$</td>
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<td>San Antonio Inn</td>
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<td>2650 W El Camino Real, 94306</td>
<td>650-948-1036</td>
<td>$</td>
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<tr>
<td>Sheraton Palo Alto Hotel</td>
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<tr>
<td>Sky Ranch Motel</td>
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<td>4234 El Camino Real, 94306</td>
<td>650-493-7221</td>
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<td>Stanford Motor Inn,</td>
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<td>3305 El Camino Real, 94306</td>
<td>650-493-3153</td>
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<td>Stanford Terrace Inn</td>
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<td>531 Stanford Avenue, 94306</td>
<td>650-857-0333</td>
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<td>Super 8 Motel</td>
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<td>650-493-9085</td>
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<tr>
<td>Townhouse Motel</td>
<td>3</td>
<td>4164 El Camino Real, 94306</td>
<td>650-493-4492</td>
<td>$</td>
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</tbody>
</table>
COMPETITOR INFORMATION (PLEASE PRINT CLEARLY)

Last Name _____________________________ First Name _____________________________
Address ______________________________________________________________________
City ____________________ State/Zip____________E-mail_____________________________
Day Phone ( )____________________ Evening Phone ( )__________________

CLUB INFORMATION

Taekwondo Club________________________________ Instructor _______________________
Address ______________________________________________________________________
City ____________________________________ Zip/State____________________
Phone ( )____________________________  Email___________________________________

Please check or fill in the appropriate spaces below

Poomsae ________ Kyoroogi ________

Male_______ Female_______ Age ________

Rank: Yellow/Green ____  Blue/Red ____  Black ____

Weight ________

Note: Instructor, Competitor and/or Parents are responsible for the accuracy of the stated weight. Any inaccuracy may result in immediate disqualification without refund.

ENTRY FEE

Kyoroogi (Sparring) $35
Poomsae (Forms) $30
Both (Sparring+Forms) $45

Please make checks payable to: Stanford Taekwondo Program

SCHEDULE

8:00 am       Check In / Competitors Match Card Pick-Up
8:30 am       Referee Meeting (Main Floor)
9:00 am       Opening Ceremony (Mandatory All Competitors)
9:15 am       Poomsae Competition Begins
6:00 pm (Est. time) Distribution of Team Awards-Closing Ceremony

APPLICATION CHECKLIST
1. Complete all items of this entry form and sign liability waiver on back.
2. Enclose a check for entry fees payable to Stanford TKD Club.
3. Attach a photocopy of your USTU membership card.
4. Entry forms must be received by Friday, May 17, 2002.
5. Mail to: Stanford University Taekwondo Program

            P.O. Box 20441
            Stanford, CA 94309
Stanford Taekwondo Spring Open
Liability Waiver, Release and Indemnification Agreement

In consideration for the privilege of participating in the Stanford Taekwondo Spring Open and in further consideration of being accepted to participate, I do hereby acknowledge that because of my participating in, traveling to, and returning from the Stanford Taekwondo Spring Open, I may suffer bodily injury or death, and loss of property, and I do hereby for myself, for my heirs, parents, guardians, executors, administrators, personal representatives and assigns, I do hereby release, acquit, waive, forever discharge, hold harmless, and agree to indemnify the sponsors of the Stanford Taekwondo Spring Open, The Board of Trustees of the Leland Stanford Junior University, its officers, agents and employees, the Stanford Taekwondo Club and any other persons or organizations connected with the same of and from any and all liability, claims, demands, costs, damages, actions, causes of action, or suits of any nature or kind whatsoever that I, my heirs, parents, guardians, executors, administrators, personal representatives, and assigns may now or hereafter have or claim to have on account of or rising out of personal injuries, death, or damage to my person or property, or loss of time, loss of service, or for expenses incurred, accruing to me because of or in any way related to my training with, my traveling to, my participation in, and my returning from the Stanford Taekwondo Spring Open or through use of any and all facilities connected therewith.

__________(Initials)

Further, I hereby grant permission in the case of injury to have an athletic trainer and/or doctor residing in the United States provide me with medical assistance and/or treatment. In consideration for such medical assistance or treatment, I do hereby for myself, my heirs, parents, guardians, executors, administrators, personal representatives, and assigns, release, acquit, waive, forever discharge the Stanford Taekwondo Spring Open, The Board of Trustees of the Leland Stanford Junior University, its officers, agents and employees, the Stanford Taekwondo Club, the instructors, their agents, representatives, officers and directors, of and from any and all liabilities, actions, claims, demands or suits whatsoever, which I may now or hereafter have or claim to have on account of any injury sustained and suffered by me in connection with said medical assistance and treatment.

__________(Initials)

I certify that a physician has examined me and certified that I am in good physical condition and have no disease or injury that would impair my performance or physical condition in training for and participating in the Stanford Taekwondo Spring Open.

__________(Initials)

I also certify that I am familiar with the rules and sport of Taekwondo and the nature of Taekwondo training and practice. I am aware that there is a high risk of injury or possibly death from the very nature of the activity due to the physical contact and I assume all risk relating to the participation in the activities of Taekwondo and of the Stanford Taekwondo Spring Open.

__________(Initials)

I agree that this is compulsory and mandatory that this liability waiver, release and indemnification agreement be fully completed as a precedent to my participation, and the completed liability waiver, release and indemnification agreement is incorporated by reference as part of my registration with the Stanford Taekwondo Spring Open.

__________(Initials)

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Important! Fill out this portion completely!

Dated _______________ Signature of participant ________________________________________________________________________________

Dated _______________ Signature of parent or _____________________________________________________________________________ Guardian if under 18 years of age

Address ________________________________________________________________________________

City ____________________________ Zip ____________________________

Phone (        ) _______________ Please put phone number in case we need to contact you.
Referees and Judges Needed

Would you like a free pass to the Stanford Open and a complimentary spectator's pass? Would you like to see the action closeup? Would you like a chic Stanford Taekwondo polo shirt? If you are a red or black belt and would like to volunteer to participate as a judge or a center referee read on.

If you have never volunteered before or are an old hand, whether you want to judge poomsae or sparring, you are invited to join the tournament team. Besides learning or brushing up on USTU regulations and gaining insights into best practices for judging poomsae and sparring, you will be trained in the use of state-of-the-art, electronic, wireless scoring gear provided by CNoWire. Practice what you learn in an intense session dedicated solely to improving your skills.

For volunteering you'll receive a special recognition souvenir. During the tournament you'll also receive a complimentary lunch and unlimited access to our concession stand. Afterward, revel with other special guests at our invitation-only banquet. Don't miss this opportunity.

What we ask of you: Attend our referee and judge training seminar on Saturday, May 11, 2002 and then help out during the tournament on Saturday, May 25th. That's it. Please contact Kent Noble (kenton.noble@oracle.com) if you have any questions or wish to volunteer.

Thank You!